



Menu

Renal-Friendly

TO PLACE AN ORDER
or if you have comments
or concerns, please call:

1-866-204-6111

M-F 7 AM to 6 PM CST

ORDER DEADLINE:

Tuesday at 5 PM CST for
delivery the following week

Developed in accordance with guidelines of the National Kidney Foundation and the Academy of Nutrition and Dietetics for Nutrition.

Meals are lower in potassium, phosphorus, and sodium. Detailed nutritional information available upon request. Please consult your attending Dietitian or Physician when deciding if these meals meet your specific situation.




Carbs (g): Approximate grams of carbohydrates are shown for the **tray only** and the full meal

♥ **Heart-friendly:** <800mg Sodium <30% Fat <10% Sat. Fat

ITEM	American Classics	Calories	Protein (g)	Sodium (mg)	Phosphorus (mg)	Potassium (mg)	Carbs (g)	Heart-Friendly
282	Creamy Turkey & Rice Soup and Fruit Compote, Juice and Lemon Cookies	614	14	454	238	801	55 91	
375	Homestyle Meatloaf with Pasta and Seasoned Vegetables, and Lemon Cookies 	573	22	400	293	751	51 72	
409	Salisbury Steak with Mushroom Gravy, White Rice and Mixed Vegetables, Applesauce and Lemon Cookies 	615	20	513	252	773	54 87	♥
508	NEW Calico Beans with Pork and Cinnamon Apples, Juice and Oatmeal Cream Pie	608	11	341	192	754	62 103	♥
516	Beef Pepper Steak with Gravy over Penne Pasta and Spiced Fruit Crisp and Whole Wheat Bread 	611	21	605	276	660	70 84	
International Flavors								
080	Curry Vegetables with Pineapple and Brown Rice, Applesauce and Fig Bar	616	9	350	215	763	63 106	♥
112	Teriyaki Stir Fry Vegetables over Brown Rice and Sweet Pineapple & Apples, Applesauce, Fruit Cup and Juice 	608	6	667	141	767	83 126	♥
187	Sweet and Sour Chicken with Stir Fry Vegetables and White Rice, Fruit Cup and Fig Bar 	638	16	507	286	699	66 112	♥
239	Three Cheese Ravioli with Garlic Basil Butter Sauce and Seasoned Green Beans, Juice, Fruit Cup and Fig Bar 	620	14	695	185	655	35 96	
288	Vegetarian Red Beans and Rice, Fruit Cup and Fig Bar	584	12	374	238	525	62 110	♥

ITEM	International Flavors (continued)	Calories	Protein (g)	Sodium (mg)	Phosphorus (mg)	Potassium (mg)	Carbs (g)	Heart-Friendly
398	Vegetable Primavera and Sweet Pineapple & Apples, Gelatin, Fruit Cup and Lemon Cookies	611	12	341	188	744	59 117	♥
429	Chicken Alfredo Pasta, Seasoned Peas and Carrots, Fruit Cup, Juice and Applesauce	585	18	435	324	803	46 88	♥
501	Creamy Tomato Pasta with Italian Style Meatball Crumbles and Seasoned Vegetables, Whole Wheat Dinner Roll, Fruit Cup and Juice	594	14	434	206	751	41 86	
588	NEW Creamy Pasta Primavera with Ham and Cornbread, Fruit Cup, Applesauce and Juice	592	15	696	260	673	59 102	♥
602	NEW Chicken Parmesan over Pasta and Seasoned Vegetables and Fig Bar	622	21	631	313	728	50 82	
748	Pork Stir Fry Rice and Spiced Fruit Medley, Juice and Lemon Cookies	622	13	436	209	505	69 105	♥
752	Mushroom Risotto and Seasoned Peas & Carrots, Applesauce and Fig Bar	619	15	639	289	811	53 97	♥
760	Chicken Tortilla Soup and Cinnamon Apples, Fig Bar and Applesauce	573	14	677	321	735	45 88	♥

Breakfast Meals

139	Ham, Egg and Cheese Scramble and Cranberries & Apples, Juice, Two Fruit Cups and Applesauce 	556	16	661	271	716	29 89	♥
161	Cheese Omelet, French Toast Sticks and Fruit Compote, Fruit Cup, Gelatin, Juice and Fig Bar 	794	16	620	224	753	47 130	♥
248	Cinnamon Apple Oatmeal and Scrambled Eggs, Juice, Fruit Cup and Gelatin	582	15	473	301	789	49 100	♥
399	Vegetable Egg Scramble and Peaches with Cherries, Gelatin, Applesauce and Lemon Cookies 	600	18	586	304	767	38 91	♥
400	Cowboy Breakfast Skillet and Cranberry Apple Crisp, Juice and Lemon Cookies	580	16	508	301	803	52 88	♥
596	NEW Cheesy Egg and Turkey Scramble with Cranberry Rice Pudding, Juice, Applesauce and Fig Bar	612	16	626	280	516	37 96	♥

 Customer Favorite

REFRIGERATE MEALS UPON ARRIVAL.

Please select the meals that are most appropriate for your dietary needs.

Menus are subject to change.

As with any kitchen, there are times when availability of ingredients can fluctuate causing us to utilize alternative options with like nutritional.

